

# PREGNANT and living in an area with Zika?



## What we know about Zika

- ♦ Zika can be spread from a mother to her fetus during pregnancy.
- ♦ Infection with Zika during pregnancy may be linked to birth defects in babies.
- ♦ Zika is spread mostly by the bite of an infected *Aedes* species mosquito.
  - » These mosquitoes are aggressive daytime biters. They also bite at night
- ♦ There has been no local transmission of Zika in the US.
- ♦ There is no vaccine to prevent or medicine to treat Zika.



## What we don't know about Zika

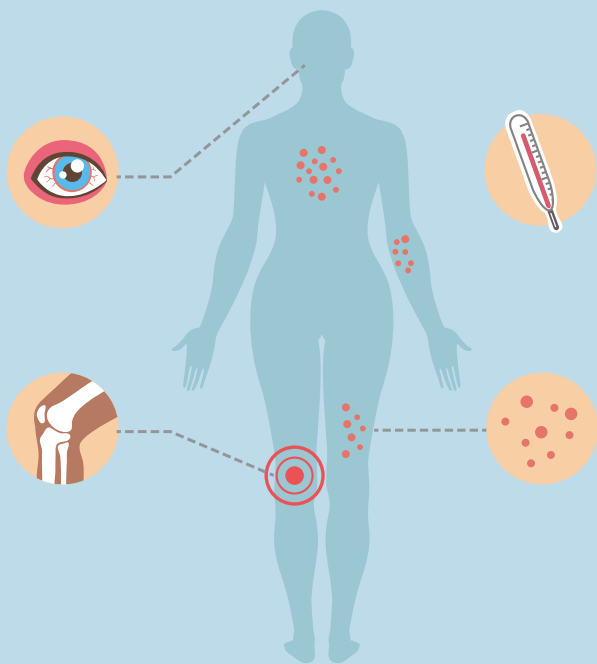
- ♦ If there's a safe time during your pregnancy to travel to an area with Zika.
- ♦ If you do travel and are infected, how likely it is that the virus will affect your pregnancy and if your baby will have birth defects from the infection.
- ♦ If your baby will develop birth defects from the infection.

## Symptoms of Zika

About 4 out of 5 people with Zika won't even know they have it. The illness is usually mild with symptoms lasting for several days to a week.

The most common symptoms of Zika are

- ♦ Fever
- ♦ Rash
- ♦ Joint Pain
- ♦ Conjunctivitis



# CDC recommends special precautions for pregnant women and women trying to become pregnant

## Pregnant?

Pregnant women and their male partners should strictly follow steps to prevent mosquito bites.

To prevent sexual transmission of Zika, consider not having sex or use condoms the right way every time during pregnancy.

If you develop the symptoms of Zika, see a healthcare provider right away for testing.



## Trying to become pregnant?

Women trying to become pregnant and their male partners should strictly follow steps to prevent mosquito bites.

Talk to your healthcare provider about plans to become pregnant.

## Your Best Protection: Prevent Mosquito Bites

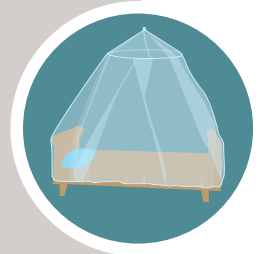
### Clothing

- ♦ Wear long-sleeved shirts and long pants.
- ♦ Treat clothing and gear with permethrin or purchase permethrin-treated items.
  - » Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
  - » If treating items yourself, follow the product instructions carefully.
- ♦ Do NOT use permethrin products directly on skin. They are intended to treat clothing.



### Indoor Protection

- ♦ Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- ♦ Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.



### Repellent

Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.

- ♦ Always follow the product label instructions.
- ♦ Reapply as directed.
- ♦ Do not spray repellent on the skin under clothing.
- ♦ If you are also using sunscreen, apply sunscreen before applying insect repellent.

